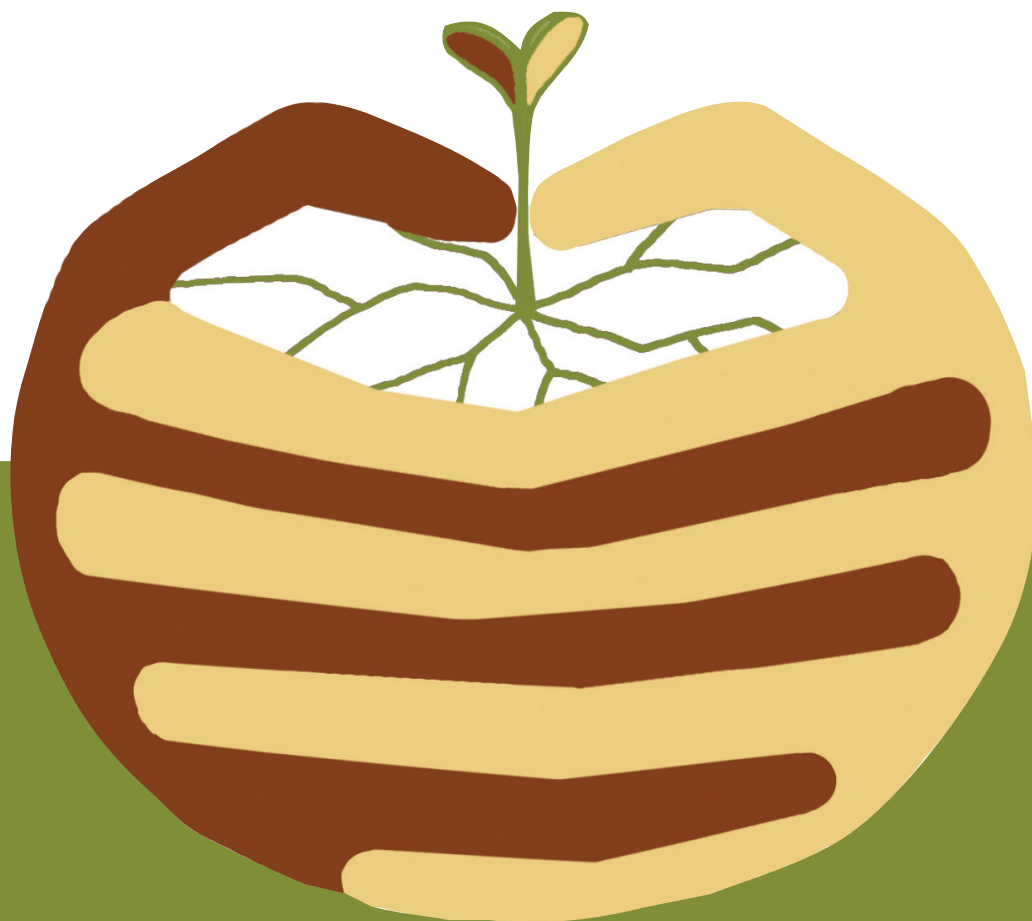


PRESENTED BY THE ARIZONA DEPARTMENT OF HEALTH SERVICES  
AND DIVISION OF BEHAVIORAL HEALTH SERVICES

# BUSTING MYTHS, BREAKING BARRIERS:

DEVELOPING CULTURAL & LINGUISTIC RESPONSIVENESS TO REDUCE  
DISPARITY ACROSS BEHAVIORAL HEALTH & HEALTH SYSTEMS



JANUARY 8-9, 2008

**BLACK CANYON CONFERENCE CENTER**

9440 NORTH 25TH AVENUE, PHOENIX

A cross-disciplinary prevention & treatment conference offered to  
professionals working throughout the spectrum of human services



BEHAVIORAL HEALTH | SUBSTANCE ABUSE  
HEALTHCARE | JUVENILE/CRIMINAL JUSTICE



# CONFERENCE AGENDA

## Tuesday, JANUARY 8

*Spanish and sign language interpreters will be available.*

7:00 - 8:30 Registration, continental breakfast

8:30-8:45 Welcome, opening comments

8:45-10:00 **Opening Plenary:**  
**Dr. Donald Warne**  
*Behavioral Health Issues Among American Indians in Arizona: Policy and Cultural Considerations*

10:00-10:15 BREAK

### 10:15-11:45 **BREAKOUT SESSIONS # 1-6**

**1. Brown, Kimberly – CODAC Behavioral Health**  
*Bent but not Broken: Risk, Resiliency and Therapeutic Interventions with LGBTQ Youth*

This workshop will utilize statistics, research and case studies to address the treatment needs of LGBTQ youth, using current research to discuss risk and resiliency in LGBTQ youth. Participants will discuss the American Psychological Association's therapeutic guidelines for working with lesbian, gay, bisexual and transgender individuals and discuss putting those guidelines into practice. The presenter will also talk about the EON youth lounge (a drop-in center for LGBTQ youth and their straight allies) and their programs, specifically the Prism Project which targets LGBTQ youth of color.

**2. Janet Carpentier & Panel – Gila River Matrix IOP**  
*The Matrix IOP at Gila River: Implementing Manualized Treatment in a Unique Cultural Setting*

The Matrix IOP at Gila River provides a wide array of services to Native American women living in a geographically isolated community. This presentation and panel discussion describes the evolution of the Gila River program from its foundation as a methamphetamine treatment program to a multifaceted recovery program. Participants will learn about adapting a manualized treatment program to a unique cultural milieu and obtaining services for a geographically isolated community. A panel discussion of program participants will share their experiences of seeking treatment from the Gila River program.

**3. Norma Garcia-Torres – Arizona Department of Health Services; Gustavo McGrew – PSA Art Awakenings; & Victor Flores – Center for Applied Behavioral Health Policy**

*Does your agency have CLAS? Understanding and Implementing the CLAS Standards.*

Does your agency have CLAS? Arizona's population is growing in both size and diversity. Learn about the National Standards of Culturally and Linguistically Appropriate Services (CLAS Standards). Learn what they are and how your agency can implement and integrate them throughout your organization. Services delivered in a culturally competent manner have many potential benefits and may improve outcomes and reduce cross-cultural disparities in the client's health and behavioral status. Learn how to use the standards to improve your practice and make it more culturally and linguistically accessible.

**4. Manuel Medina – Terros**  
*Utilizing Latino Core Values in Community Prevention Planning and Implementation*

The prevention field has started emphasizing environmental strategies in prevention science and has utilized components of community development described as the planning and implementation model. This presentation will explore Latino Core Values within three difference planning models for conducting environmental strategies in prevention work: Stages of Change; Innovation Adaptation Process; and Strategic Prevention Framework. Small group discussion will focus on applying the core values to one of the three models.



**5. Keith Thompson & Mandee Rawley –  
Phoenix Shanti Group**

***Culturally Appropriate and Effective HIV  
Prevention: A History in the Making***

Much research over the past 20 years has produced numerous evidence based interventions to prevent HIV infection. Yet infection rates have not fallen. On the contrary, they have risen in minority populations. What accounts for this reality? This workshop will describe the current state of HIV prevention in the United States and offer strategies for the future.

**6. Margaret Trujillo – Piurek and Associates  
*Creating a Community Workforce***

Workforce Development begins in communities. The presentation will show how to successfully complete an environmental scan of your community, from a multi-cultural perspective. Discussions will focus on: 1) determining what resources your community has to offer; 2) determining your audience; 3) what the business need is & how to develop marketing strategies; 4) how to engage the community at large through the multi-cultural components of communities. The presentation also describes the need for planning succession to start early in a leader's career, and how this process begins with proactive workforce development strategies.

**11:45-12:30 LUNCH**

**12:30-2:00 Luncheon panel discussion:  
Drs. Irwin Sandler &  
Linda Luecken & Larry Dumka  
*Examining the Intersections of  
Behavioral Health, Culture, and  
Community to Promote Resilience.***

**2:15-2:30 BREAK**

**2:30-3:45**

**BREAKOUT SESSIONS # 7-12**

**7. Linda Weinberg – Cenpatico Behavioral Health  
& Robins, Kathryn – Services Maximizing  
Independent Living Center  
*Living Well with a Disability***

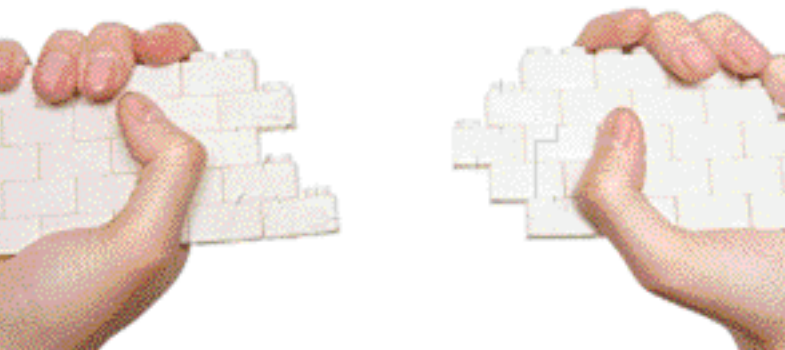
This presentation will engage participants in a dialogue focused on effectively communicating with people who experience disabilities. Participants will learn how to access resources to reduce health disparities and communication differences. Participants will be introduced to an evidence-based program designed to reduce secondary disabilities and health care costs. Participants will learn how to make simple adjustments to their approach that improves the quality of service provision and professional care.

**8. Doug Hirano – Asian Pacific Comm in Action  
*Asian/Pacific Islanders in Arizona: Profiles in Health***

This workshop will provide an overview of the health status and health seeking behaviors of Asian/Pacific Islanders residing in Arizona. Areas of focus will include disparities in health status, socioeconomic status, and English language competency. The myth of Asians as the model American minority will be examined within the context of this data. Furthermore, Asian/Pacific Islander culturally-mediated health behaviors and perceptions will be reviewed in relation to efforts to improve physical and behavioral health status. Recommendations will be provided related to health improvement efforts among this population.

**9. Jeanne Blackburn – Governor's Office of Children  
Youth and Families & Richard Porter –  
Department of Health Services  
*Substance Abuse Consumption and Consequence  
Patterns in Arizona: Differences by Race/Ethnicity,  
Gender, Age and Geography***

In order to maximize effectiveness, existing and future substance abuse prevention and treatment efforts require a thorough understanding of differences in substance abuse patterns influenced by numerous cultural factors. This presentation will aim to inform attendees about dissimilarities in consumption and consequence patterns by gender, race/ethnicity, age and geographic locale and focus on the overall substance use patterns of youth and adults in Arizona. It will also indicate where data gaps exist and concentrate on how continued and improved data collection can improve substance abuse prevention and treatment programs in Arizona.





**10. David Atkins – Phoenix Area  
Indian Health Services  
*Community Readiness Model***

This workshop will provide an overview of the Community Readiness Model, which was developed by the Tri-Ethnic Center Native American staff at Colorado State University. This workshop will describe the stages of the community readiness model and the six dimensions of readiness. Communities can differ in the stage of readiness for each dimension, therefore knowing the level of readiness for each dimension; this will assist a community in developing strategies that are culturally congruent and sustainable in moving the community forward at their level of readiness to address an identified behavioral health problem. The session will also examine the implications of the model with other community healthcare issues.

**11. Stacia Ortega – Arizona Department of Health Services/ Department of Behavioral Health Services  
& Laura A. Henry – Arizona Department of Health Services/ Office for Children with Special Health Care Needs**

***Transitioning Young Adults in the Behavioral Health System***

Participants will learn about issues involved with transitioning into adulthood and learn ways to help youth transition successfully. This session will provide participants with an overview of issues involved with transitioning, and services and supports available to help youth transition successfully. This is an interactive workshop, where participants will have an opportunity to participate by identifying their successes and challenges in the area of transitioning young adults.

**12. Steve Hamerdinger – Alabama Department of Mental Health and Mental Retardation,  
Office of Deaf Services**

***Deafness: A Cultural Perspective***

Mental Health Services for deaf people have long been premised on the assumption that deaf people only need interpreters to access effective mental health service. Outcomes for deaf consumers have, however, been far from optimal. This is partly due to not viewing deafness through a larger perspective than interpreters. This session will example the deaf community as a cultural and linguistic minority which is very different from seeing them as a disability group. Providing effective services require attending to those differences and adopting a culturally and linguistically affirmative approach.

**3:45-4:00      BREAK**

**4:00-4:30      DAY ONE CLOSING REMARKS**



## **Wednesday, JANUARY 9**

**7:00-8:30      CONTINENTAL BREAKFAST**

**8:30-10:00      SPECIAL EXTENDED SESSIONS  
(Part 1)**

**13. Sylvia Esqueda, M.S., MFT –  
Promotoras in Mental Health Consulting  
*Implementing a Promotoras Comunitarias Model***

This interactive and informative workshop will provide a historical perspective of the role of the promotor/a in Latin America and in the U.S. Participants will learn the "hows," via concrete examples, of the implementation and sustainability of Promotoras Comunitarias programs. They will learn about the role of a Promotor/a as an effective preventive health education strategy for an underserved population. There will also be a discussion about the characteristics of the effective Promotor/a, and their role as an advocate, community leader, community organizer, and a liaison between the families and the health care systems.

**14. Dr. Susan Guzman – Behavioral Diabetes Institute**  
*Depression and Diabetes: Breaking the Vicious Cycle*

People struggling with diabetes and depression experience unique difficulties. Depression is nearly twice as likely in people with diabetes, and can make diabetes harder to manage while significantly increasing the risk of complications, disability and even mortality. In a society where diabetes rates are escalating rapidly, especially among minority groups, there are important cultural/ethnic considerations to providing appropriate assessment and treatment for depression. In this seminar, attendees will: learn about the connection between diabetes and depression, learn about the symptoms of depression and how to evaluate risk, learn about different treatments options and how to help individuals develop a culturally-appropriate personalized action plan for overcoming this negative cycle between diabetes and depression.

**15. Hon. Tom Rawlings – Georgia Office of the Child Advocate**  
*Working with Mentally Ill Youth in the Juvenile Justice System*

Due to the high percentage of children and families with a mental health diagnosis who come into contact with the juvenile justice and child welfare systems, and the lack of either parental knowledge of mental health issues or readily-available and accessible community mental health resources, the juvenile courts often become the gatekeepers for mental health care. Come learn how the courts help assess these individuals and refer them for treatment and how courts can help ensure quality care for these patients, and learn new models of behavioral care delivery that integrate the courts, child welfare agencies, and private providers.

**16. Swan Keyes, M.A. – The UNtraining**  
*The Untraining: Untraining White Liberal Racism*

The UNtraining is a provocative and compassionate approach to helping white people become better allies in the fight against racism. It is a forum for exploring what it means to be white, and how this affects ourselves and our relationships with people of color. By focusing on the training we inherit from our white-dominated culture, we are able to better understand the world around us and we are empowered to create change in ourselves and our communities.

**17. Cathy Torrez-Paddack – Director of Prevention Services, TERROS & RJ Shannon – Minority AIDS Coordinator ADHS, Office of HIV/STD and Hepatitis C**  
*He Ain't Heavy – She's my brother: Working Within Hard to Reach – Vulnerable Communities.*

Arizona communities most at risk for HIV/AIDS, Sexually transmitted diseases and Hepatitis C look like us, talk like us and walk in the same circles as the rest of us. They can also be as different as they are alike. Cultural norms shape one's attitudes and behaviors when responding to messaging regarding sex, drug usage, self-identity, general health practices, etc. Cultural norms also shape the way that we, as providers, respond to the client or patient. This workshop offers personal stories, potential responses to cultural indicators, CLAS standards recommendations and strategic planning tools for developing and implementing programs and services while working to mobilize diverse high risk, hard to reach communities.

**18. Steve Hamerdinger – Alabama Department of Mental Health and Mental Retardation, Office of Deaf Services**  
*Recovery and Deaf People: Building Culturally Affirmative, Recovery Oriented Services*

This session will address specific components needed in developing recovery-oriented, culturally affirmative services. The session will address system issues that may present barriers and will suggest ways of developing services which will be effective.

**10:00-10:15** Break

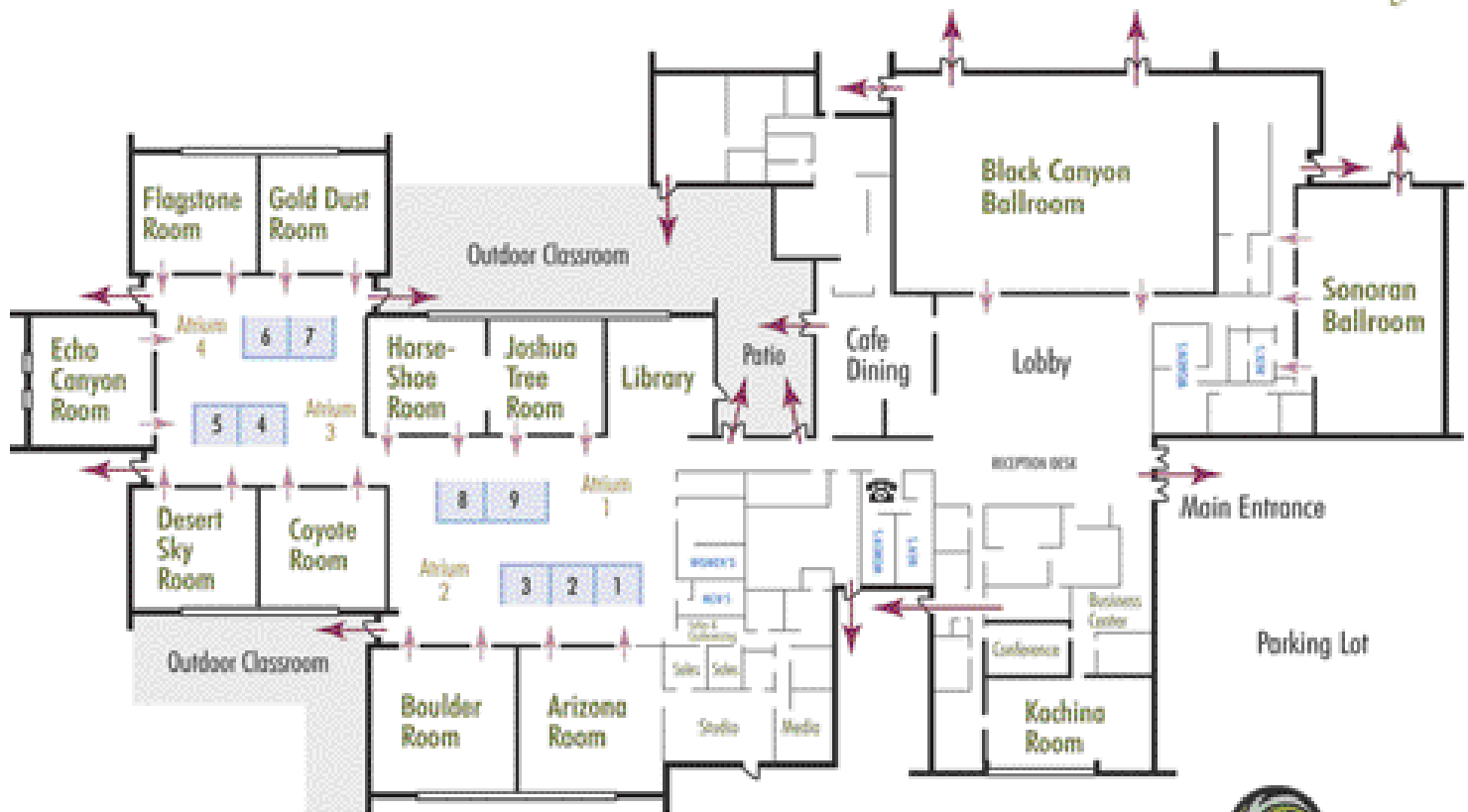
**10:15-11:45** EXTENDED SEMINARS  
(Part 2)

**11:45-12:30** LUNCH

**12:30-2:00** Luncheon Plenary -  
**Dr. Nancy Rodriguez**  
*Life, Liberty, and the Pursuit of Justice: Examining the Impact of Crime Control Priorities on Racial and Ethnic Minorities.*

**2:00-2:15** CLOSING REMARKS

# Black Canyon Conference Center



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- ↑ Interior Exits
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## Facility Information

### Conference Room Hot Line:

DIAL 0 for immediate assistance with any of your conference needs.

### Audio Visual:

DIAL 0 for immediate assistance

### Messages:

Messages are posted outside your room, unless other arrangements are made.

### Restrooms:

Convenient located off Lobby, Atrium and Ballroom.

### Faxes:

Faxes can be sent or received at the Front Desk of the Conference Center.

### Telephone:

The public telephone is located off the Lobby.

### Smoking:

The Conference Center is a dedicated non-smoking environment. Smoking is permitted on the Patio.

### Guest Services:

Located in the Lobby

### Business Center:

Copy Services  
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Print your Boarding Pass (complimentary)

### Telephone Number:

(602) 944-0569

### Fax Number:

(602) 997-5112





## Keynote Speakers

### Dr. Donald Warne



Dr. Donald Warne comes from a long line of traditional Lakota healers. He has definitely lived up to his Indian name, Pejuta Wicasa, which means Medicine Man. In addition to a solid background in Traditional Healing, Dr. Warne holds an MD from Stanford University and a Master of Public Health from Harvard University. He is also a Diplomate of both the American

Board of Family Practice and the American Board of Medical Acupuncture. A true entrepreneur with a strong intellectual curiosity, Dr. Warne devotes most of his free time to a diverse range of professional interests. He is particularly interested in finding ways to integrate traditional Indian medicine with modern scientific medicine and alternative medicine.

### Irwin Sandler, Ph.D.



Irwin Sandler is a Regents' Professor in the Department of Psychology and Director of the Prevention Research Center for Families in Stress at Arizona State University. He has been the Director of an NIMH supported Preventive Research Center, and the recipient of multiple grants from the NIMH to study resilience for children in stress and to

develop and evaluate preventive interventions for these children and their families. He has been a consultant to the NIMH, NIDA, CMHS, the National Academy of Science and various private foundations on prevention research with children in stress. He has received numerous awards for his work including the Stanley Cohen Distinguished Research Award from the Association of Family and Conciliation Courts, Distinguished Contribution to Theory and Research in Community Psychology, and the Presidential Citation from the American Psychological Association. His research has focused mainly on children who experience parental divorce and the death of a parent and has emphasized linking theory and research about sources of resilience with the design and evaluation of preventive interventions. He is the author of over 140 journal articles and books on the topics of child stress and resilience and prevention.

### Linda J. Luecken, Ph.D.



Dr. Linda J. Luecken is an Associate Professor of Psychology at Arizona State University, with a joint appointment in Basic Medical Sciences at the University of Arizona College of Medicine, Phoenix. Her research interests center on women's and children's health, with a focus on perinatal risk and protective factors affecting infant birth outcomes and postpartum depression in low income Hispanic women. Research interests also include the mechanisms by which early life experiences affect lifespan physical health. Her research has been funded by NIH, the American Heart Association, and the Maricopa County Department of Public Health.

### Larry Dumka, Ph.D.



Larry Dumka is a faculty member in the Family and Human Development program in the School of Social and Family Dynamics at Arizona State University. His research focuses on developing and testing family-focused interventions to prevent mental health problems and school disengagement in children from ethnically diverse low-income families. He is currently co-leading a National Institute for Mental Health funded randomized clinical field trial to test the efficacy of the Bridges to High School Program / Puentes a la Secundaria prevention program which focuses on Mexican origin 7th graders and their parents.

### Nancy Rodriguez, Ph.D.



Nancy Rodriguez is an Associate Professor in the School of Criminology & Criminal Justice at Arizona State University. She received a B.A. in Criminal Justice from Sam Houston State University in 1992 and a Ph.D. in Political Science from Washington State University in 1998. Her research interests include sentencing policies, juvenile court processes, and substance abuse prevention. She also conducts research in the area of restorative justice. Dr. Rodriguez has received grants from the Washington State Sentencing Guidelines Commission, Maricopa County, Arizona, Bureau of Justice Statistics, the National Institute of Justice, and the Robert Wood Johnson Foundation. She is the co-author of *Just Cause or Just Because? Prosecution and Plea-bargaining Resulting in Prison Sentences on Low-level Drug Charges in California and Arizona* and co-editor of *Images of Color, Images of Crime: Readings*. Her recent work has appeared in *Crime & Delinquency*, *Justice Quarterly*, and *Criminology & Public Policy*. In 2007, she was nominated for ASU Professor of the Year and ASU Commission on the Status of Women's Outstanding Achievement and Contribution Award. In 2007, she received the ASU Teaching Excellence Award.

## Extended Seminar Presenters

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### Silvia Esqueda, M.S., LMFT



Silvia Esqueda, an immigrant from Mexico, graduated from California State University Los Angeles with a Bachelor Degree in Rehabilitation Counseling, has earned a certificate in Pupil Personnel Services and a Master's degree and license as a Marriage and Family Therapist.

Ms. Esqueda's academic research experience has focused in mental health issues as it relates to the immigration and acculturation process of Latinos and the impact it has on the family as a whole. As the Director for Hathaway-Sycamores Family Resource Center, Ms. Esqueda was responsible for identifying community needs and designing and implementing quality programs. She participated in the identification and writing of grants

for the Family Resource Center. She collaborated and coordinated the Center's services with other agencies in the community of Highland Park. She supervised the program managers, and ensured proper records/documentation for all contracts and agency standards. She has trained over two hundred women to become Promotoras Comunitarias throughout Los Angeles County.

### Susan Guzman, Ph.D.



Susan Guzman, Ph.D. heads Adult Clinical Services at the Behavioral Diabetes Institute. A licensed clinical psychologist specializing in diabetes and heart disease, she recently served as staff psychologist and research associate for an ADA-sponsored study on family-based interventions in Type 2 diabetes. Dr. Guzman has also worked as the

psychological liaison to Scripps Health's Diabetes Advisory Committee and team psychologist for the Healing Hearts Program at Scripps Health, a comprehensive lifestyle change program for people with heart disease. One of her major clinical and research interests is the interplay between depression and diabetes

### Steve Hamerdinger, M.A.



Steve Hamerdinger has been the Director of the Office of Deaf Services at the Alabama Department of Mental Health and Mental Retardation since January, 2003. Before this he was the Director of the Office of Deaf and Linguistic Support Services at the Missouri Department of Mental Health, a position he held for more than 9 years. Mr. Hamerdinger has an M.A. in Counseling of the Deaf from Gallaudet University. He owns and operates a mental health consulting firm that provides consultation and training on mental health and deafness nationally. He has been an adjunct faculty member of several college programs and a visiting lecturer at the University of Missouri and the University of Kansas. He was the first Reba Hill Memorial Lecturer on Pediatrics at the Baylor University Medical School. In addition to his expertise in deafness and mental health, Steve is a well-know motivational speaker and entertainer. Steve lives in Montgomery with an ever changing menagerie of four-footed companions.

### Swan Keyes, M.A.



Swan Keyes is a psychotherapist, consultant, and anti-oppression educator based in the San Francisco Bay Area. A woman of Caucasian Jewish descent with an MA in psychology and extensive training in drama therapy, Theatre of the Oppressed, and over 15 years of Vipassana meditation practice, Swan integrates expressive arts with other forms of experiential study to create dynamic learning environments for people of all ages to challenge racism, sexism, homophobia, classism and other forms of oppression. She specializes in working with youth and offers workshops and lectures for colleges and social justice-oriented organizations in the US and abroad.



## Hon. Tom Rawlings



Judge Tom Rawlings serves as Director of the Office of the Child Advocate (OCA). He and the staff of seasoned investigators and policy analysts at OCA work to improve his state's handling of child abuse and neglect cases and assist social workers, family members, service providers, and citizens who have concerns about children involved with our child welfare agencies.

Prior to joining OCA, Rawlings served for almost seven years as the first full-time Juvenile Court Judge in the Middle Judicial Circuit, which covers a five-county area in east central Georgia. During his tenure as judge, he was instrumental in establishing a circuit Court Appointed Special Advocates (CASA) program and a truancy court. Rawlings also worked to improve delivery of mental health services for children and to find community resources to assist the families before the court.

In addition to his judicial experience, Rawlings is an experienced educator who has taught on children's legal issues across the United States as well as in Romania, where he served as a Fulbright Senior Specialist. Rawlings graduated with honors from both Duke University and the University of Georgia School of Law.



## RJ Shannon



A Chicago native, Ms. Shannon moved to Phoenix in 1982 and began working in community activism with Mothers Against Gangs as a Program Manager and Assistant Director for five years.

In 1998, Ms. Shannon worked as an advocate, educator, and prevention specialist for AIDS Project Arizona. In 2001, Ms. Shannon began working as the Arizona State Health Department's new Project/Program Specialist responsible for capacity building and community mobilization for agencies around the state, specifically those agencies who work with communities of color.

RJ served as Chairperson to the Phoenix Human Relations Commission and currently acts as consultant and workshop facilitator to the Release the Fear organization, a non-profit whose mission is to decrease violence through peaceful communications using the arts.

Ms. Shannon holds a B.A. in Social Services. She is a recipient of numerous City of Phoenix awards for volunteerism. Her achievements have been recognized with the Salute to Black Excellence Award for Community Service and membership in the International Who's Who of Civic Leaders.

## Cathy Torrez-Paddack



Cathy Torrez-Paddack has worked in substance abuse and HIV prevention since 1973 and for TERROS Behavioral Health Since 1987.

Ms. Torrez-Paddack is an internationally Certified Addiction Counselor, LPN, Neuro-Linguistic Programmer and trained for two National Training teams, whose focus was Preventing HIV/AIDS in Substance Users/Abusers and in Latino Communities. She is currently serving as the Project Director for the SAMHSA funded program Assessing Nurturing Effective Wisdom (A.N.E.W.) program for the Prevention of Substance Abuse HIV and Hepatitis in Ethnic Minority Communities and is a Master Trainer of "Say It Straight," a research-based education and training program designed to reduce risky behavior, promote wellness, and build communities.

# S P O N S O R S

## Conference Partner



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## Co-Hosts

Governor's Office of Children Youth and Families



Arizona Parent's Commission on  
Drug Education and Prevention

ARIZONA PARENTS COMMISSION ON  
DRUG EDUCATION AND PREVENTION

Arizona Juvenile Justice Commission



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